



## The Devil's Own Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



24

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 eggs
- 1 jalapeno minced
- 0.3 cup mayonnaise
- 0.1 teaspoon paprika
- 1 habanero peppers minced seeded
- 1 teaspoon mustard yellow

### Equipment

- sauce pan

mixing bowl

pastry bag

## Directions

Place the eggs into a saucepan in a single layer, and fill with water to cover the eggs by at least 1 inch. Bring the water to a boil over high heat. Cover, and remove from the heat; let the eggs stand in the hot water for 15 minutes.

Pour out the hot water, then cool the eggs under cold running water in the sink. Peel.

Cut the cooled eggs in half lengthwise.

Remove the yolks, and place them into a mixing bowl along with the jalapeno, habanero, mayonnaise, and mustard; mash together until smooth.

Transfer the yolk mixture to a pastry bag, and decoratively squeeze into the white halves.

Sprinkle with paprika to garnish.

## Nutrition Facts



## Properties

Glycemic Index:5.79, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.6773913062137%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 48.64kcal (2.43%), Fat: 3.86g (5.93%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.24g (0.27%), Cholesterol: 82.82mg (27.61%), Sodium: 48.52mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Selenium: 6.88µg (9.83%), Vitamin B2: 0.1mg (6.06%), Vitamin C: 4.68mg (5.67%), Phosphorus: 45.45mg (4.55%), Vitamin K: 4.36µg (4.15%), Vitamin B5: 0.35mg (3.49%), Vitamin B12: 0.2µg (3.31%), Vitamin A: 150.23IU (3%), Vitamin D: 0.44µg (2.96%), Folate: 11.13µg (2.78%), Vitamin B6: 0.05mg (2.58%), Vitamin E: 0.35mg (2.34%), Iron: 0.41mg (2.3%), Zinc: 0.3mg (1.98%), Calcium: 13.23mg (1.32%), Potassium: 41.5mg (1.19%)